

## Learning to talk to each other again

### Retreat enhances communication skills

By Alexandra Williams  
284th Base Support Battalion Public Affairs Office

He's coming home after a long day's work and looks forward to spending time with his wife. "What are we doing for dinner?" he asks.

"What do you mean? How you figure it's my job to always prepare dinner? Why don't you cook for a change? I've been working all day too," is her angry reply.

What started as a simple question suddenly turns into an argument about responsibilities and lack of respect. It can leave both partners worrying if their marriage is working. His intention to find out how they could spend the evening together and her need to talk about things on her mind are both forgotten in the heat of the moment.

This scenario is one of a variety of role-play scenarios practiced at the marriage retreat weekend sponsored by the 284th Base Support Battalion Chaplains Office. The program is an Army effort to help couples overcome difficulties arising after long deployments.

"Research has shown that many military marriages suffer from miscommunication after long deployments. We are offering this class to help couples understand each other again," said Chaplain (Col.) Jay Breland of the 284th BSB Chaplains Office.

"The program, called 'How to Save a Marriage,' was designed for a corporation in the United States. With the help of role-playing, videos and presentations counselors demonstrate the mistakes couples can make in communication and ways to fix them. After seeing their success the military said if it works for the corporation it'll work for us, started training chaplains and now offers this free program to married couples," said Breland, who hosted the first retreat.

Pfc. Shannon Morris of Company C, 16th Engineer Battalion, and his wife Jennifer at-



Photo by Alexandra Williams

Pfc. Shannon Morris (left) and his wife Jennifer look through family photos. After the long deployment separation both had to get used to each other again. The retreat helped them to improve their listening and talking skills, they said.

tended the retreat at the Sauerland Stern in Villingen. Shannon didn't find the prospect of attending appealing when he first learned about it during the reintegration. "I thought it was dealing a lot with church or religion," he said.

But when the Morrises realized that coming home didn't mean they could just pick up life where they left it before the deployment separation, the couple decided to look for help.

"After talking to a chaplain I learned that the retreat pushes the relationship and helps strengthen the marriage. We both wanted to be able to talk and to understand each other so we decided to sign up," said Shannon.

Before the deployment the young couple believed that staying in touch would be easy.

"We met on the Internet and because I lived in New York and Shannon lived in Virginia we were used to having a long-distance relationship," said Jennifer. "I thought we could talk on the phone and email

each other, but I quickly realized that my expectations were not realistic. Things are different during a deployment."

When the couple got married last October they knew there was a strong possibility that Shannon would be sent to Iraq. Two weeks later Shannon flew from the States to his duty station in Germany and deployed to Iraq. Jennifer arrived in Giessen in February of this year.

"It was not easy taking care of everything in my new home without him being around. And communication was not what we thought it would be. I often caught myself thinking 'Shannon is supposed to do that and not me. He should help me but he's not here,'" said Jennifer. "My mother is a grief counselor and she told me that during a separation you are going through a grief process. I understood that but I still felt left alone at times."

When Shannon redeployed things did not fall into place or make their life together easier. Instead of feeling that life was back to normal the couple sometimes felt awkward being together, they said.

"My major problem was that I was men-

tally still going through reintegration while it was the opposite for Shannon. It took me longer to accept that now he was home again. I wanted to tell him, but I didn't know how to," said Jennifer.

"Another problem I created was that instead of building the marriage I tried to coordinate everything. I took my parents as an example. I acted like my mom, but Shannon did not react like my dad, and I was wondering why it was not working for me the same way it worked for my mom," she said.

"Coming home was a change not only for me, but for both of us. We were so used to being by ourselves and now we had to learn to be together again and to spend quality time together," said Shannon.

"We could not talk about everything over the phone and many times I did not want to tell her everything that was going on because I didn't want to worry her. I basically called her to let her know that I was alive. It was hard being separated and keeping many things to yourself. Even now I don't want to talk about things that happened downrange," said Shannon.

During the retreat the couple has learned that taking time to get used to each other again and having difficulty in expressing emotions, needs and concerns are part of a normal process after their long separation from each other. And they are learning new ways to resolve their issues.

"I was really relieved when the chaplain told me that the way I felt was normal," said Jennifer. "I've learned it's OK when I want to spend time doing things just for myself because it's important to balance time between myself and my marriage."

"I am glad we participated because now we are able to spend quality time instead of worrying all the time," Shannon said. "Actually I'd like for us to do this once a year. I can only recommend it to other couples to sign up for the retreat. It's not only for newlyweds, but also couples who have been married for a while. The skills you learn there are for the future."

Upcoming couples retreat weekends at the Sauerland Stern are scheduled for Oct. 28-30, Nov. 18-20 and Dec. 2-4. Call the 284th BSB Chaplains Office at mil 343-8020 for details.

**"I was mentally still going through reintegration while it was the opposite for Shannon."**

## Red Ribbon Week heralds yearlong efforts

By Alexandra Williams  
284th Base Support Battalion Public Affairs Office

This year's Red Ribbon Week campaign, a program that encourages youths to live a drug- and alcohol-free lifestyle, will take place from Oct. 12-15. Lt. Col. Bart Shreve, 284th Base Support Battalion commander, will conduct an opening ceremony Oct. 12 at 2:15 p.m. at the Giessen Middle-High School.

The first Red Ribbon campaign was organized in 1986 in memory of Enrique "Kiki" Camarena, a drug enforcement administration agent who was murdered while investigating drug traffickers in Mexico and brings together parents, businesses and schools to create a drug-free environment for children. The program has reached millions of children in the United States and has been recognized by the

U.S. Congress.

"The campaign gives kids an opportunity to learn more about drug-free lifestyles and to celebrate a drug-free homecoming," said Billy Wray, 284th BSB Adolescent Substance Abuse Counseling Services counselor. "It also teaches them new skills to abstain from alcohol and drugs. The Red Ribbon Week is actually the beginning of a yearlong effort to educate our youth on the dangers of drugs."

Activities at Giessen Middle-High School will include signing a pledge card, a visit by the canine crime stopper McGruff, a drug and alcohol prevention curriculum, a drug-free lifestyle themes contest including essays and poetry, door decorations and visual depictions, a Junior Reserve Officer Training Corps challenge, a pep rally and awards ceremony, a preventive walk and an annual Pumpkin Run at the Schifffenberg Castle Oct. 30.

The program is supported and sponsored by the Giessen Middle-High School Booster Club, the Hearts and Hands Community Club, Friends of the Lahn Lodge, Andrews Federal Credit Union, Community Bank, Morale Welfare and Recreation agencies, the Directorate of Public Works, the Adolescent Substance Abuse Program, the school staff and many others.

"The community is encouraged to support our effort by wearing the red ribbons that will be distributed throughout the community. It's a symbol showing the personal commitment to live a drug-free life. Also they can come out to the Homecoming game that takes place Oct. 16 for some real special prizes for kids and adults," Wray said.

For more information call ASACS at mil 343-6635 or Carrie Hicks of the ASAP at mil 343-1710.





## Dedication honors fallen NCO leader

**Story and photo by  
Sgt. Christopher Stanis**

*1st Armored Division Public Affairs Office*

U.S. Army Europe dedicated a guest house at Patrick Henry Village to a fallen 1st Armored Division Soldier and respected non-commissioned officer leader during a ceremony Sept. 29.

Command Sgt. Maj. Eric F. Cooke, the division's 1st Brigade Combat Team command sergeant major, was killed in Iraq Dec. 24, 2003, when his vehicle was struck by an improvised explosive device.

"He was making his rounds to check on his troops," said Gen. B. B. Bell, USAREUR commander, of the day Cooke was killed. "If it wasn't him, it would have been one of his Soldiers. He took one for his buddies."

But that was just the type of Soldier Cooke was, Bell said. "He shared the mission, he shared the risks and he shared the accomplishments."

Cooke has been remembered throughout the Army over the last nine months — memorials at 1st AD's 1st BCT and 1st Squadron, 1st Cavalry Regiment, and nam-

ing the U.S. forces base camp in Taji, Iraq, Camp Cooke, among others.

The camp in Taji was renamed for Cooke because with future rotations to Iraq, Camp Cooke will be one of the largest bases in the country, just as the man held one of the highest NCO positions in the division, said Maj. Gen. Martin E. Dempsey, 1st AD commander.

It is fitting that the guest house serve in his memory because of all the years Cooke dedicated to USAREUR, said Command Sgt. Maj. Michael L. Gravens, USAREUR command sergeant major.

Though it has been nearly a year since his death, the former "Ready 7" still influences many Soldiers.

"He was the type of guy every commander hoped to have on his team, every non-commissioned officer wanted to be like and every Soldier respected and followed," said Gravens. "He didn't just change units for the better, he changed lives."

"He was a Soldier's Soldier," said Dempsey. "He saw the potential in every Soldier. He understood that high standards and tough training were what taking care of Soldiers was all about."



Dagmar Cooke (left), wife of the late Command Sgt. Maj. Eric F. Cooke, and his mother, Georgia Cooke, unveil a plaque dedicating a guest house at U.S. Army Europe's Patrick Henry Village to the fallen command sergeant major as Command Sgt. Maj. Michael Bush (far left), V Corps command sergeant major, and Maj. Gen. Martin E. Dempsey (far right), 1st Armored Division commandier, look on.

Gravens said he knew Cooke by reputation long before they ever met, and so his reputation will be remembered for years to come.

"Soldiers of all ages and ranks cried the day Command Sgt. Maj. Cooke died," Gravens said. "He was quite possibly the greatest sergeant major I've ever met."

## Giessen opens 'answer to the Carlton Ritz'

### Guest house gets makeover

**By Alexandra Williams**  
*284th Base Support Battalion  
Public Affairs Office*

After six months of renovation the Giessen guest house presents patrons a new, more modern look and lodging experience.

The \$300,000 project continues the modernization of Morale Welfare and Recreation facilities in the 284th Base Support Battalion that has already seen renovated bowl-

ing centers and the Friedberg guest house.

"All rooms and hallways have been completely renovated and were painted in friendly, lighter colors," said Christine Stitt, guest house manager. "Every suite has received new furniture, drapes and ceiling fans, and the kitchenettes were equipped with new refrigerator combinations and microwaves. The majority of rooms received a new television/DVD combination. Delivery delays kept us from equipping all the rooms with the new combination, but eventually we will

be able to replace the old systems.

"Because we did not have enough funds we could not modernize the bathrooms yet, but in the new fiscal year we'll have the funds to take off the old tiles and to renovate them too," she said.

In the meantime shared bathrooms are a thing of the past. The former single rooms that were connected by a bathroom have been replaced with mini-suites consisting of the bedroom, a kitchenette and a separate bathroom.

"Now we have four family suites, nine regular suites and five mini-

suites. Around the end of October or November they will start with the renovating the first floor of Building 62 and turn them into an additional six regular-sized suites," Stitt said.

The facility remained open during the renovation that lasted from April to September.

"We closed one wing until all the rooms were finished and then did the next wing. Thanks to my six employees there was no chaos. They worked very hard; they even turned in all the old furniture," said Stitt.

Her staff has received new Army

Lodging uniforms.

The guest house also has a new reception area and playground for families with children. Vending machines were removed from the entrance, and Stitt said she hoped the Army and Air Force Exchange Service will build a protective hut for them.

"Patrons who knew the Giessen guest house from an earlier stay are really thrilled when they see the improvements," she said. "I am proud of the new look—that's why I always call it Giessen's answer to the Carlton Ritz."



Photo by Alexandra Williams

Guest house employee Terry Towns makes a final check of the modernized suites before new guests arrive.

# 284th BSB – Friedberg, Giessen

## Community spotlight

### Top shooters named

Congratulations to Sgt. 1st Class Ronal Lucas who qualified as "Top Chap," Staff Sgt. Jeffrey Brazzle, who qualified "Top Cop" and Spc. Anthony Areyta who qualified "Hawkeye and Top Medic" during the recent weapons qualification of Headquarters and Headquarters Detachment, 284th Base Support Battalion.

### Basketball team wins tournament

The 284th Base Support Battalion basketball team has won the annual preseasonal Installation Management Agency-Europe basketball tournaments that took place in Kitzingen Oct. 2-3. After only five weeks of preparation the team beat Kitzingen, Bamberg and Würzburg. The basketball season starts Oct. 25 and community members are encouraged to support the 284th BSB basketball team during the games.

### Family fair Oct. 23

The 284th Base Support Battalion hosts a family information fair Oct. 23 from 9 a.m. to 3 p.m. at Butzbach Elementary School. Representatives from various organizations will be present to provide community members with information on resources and services available in the 284th BSB. The fair is open to all.

### Volunteers sought

Army Community Service seeks volunteers for a variety of positions throughout the 284th Base Support Battalion. Anyone interested can call the installation volunteer coordinator, Kelly Kreis, at mil 324-3713. Agencies that wish to advertise volunteer job openings in the ACS newsletter should forward details to her.

### Rocky Horror Night

The Woodland Club in Giessen presents the Rocky Horror Night, an audience participation event, Oct. 31 starting at 10:30 p.m. The cost is \$2. Participants must be 18 or older and "The Rocky Horror Picture Show" will be screened at midnight. Audience programs and props will be available, but participants are encouraged to also bring their own props. The best overall costume will be awarded a \$250 cash prize and the best movie costume will receive a framed poster of the film.

### AFTB grand opening

Army Community Service will host a grand opening ceremony for the new Army Family Team Building Center Oct. 13 at 2 p.m. in Building 6543, Apartment 3C, in Butzbach's Roman Way Housing. Everyone is invited to the ceremony followed by a tour of the facility and refreshments. The first AFTB Level I training will take place Oct. 13-15 from 6-8 p.m. An AFTB instructor training is scheduled for Nov. 1-2 from 9 a.m. to 2 p.m. and Nov. 3 from 9-11:30 a.m. For details call Melody Sexton at mil 343-6240.

### Halloween bash in Bad Nauheim

Friedberg Arts and Crafts and the Better Opportunities for Single Soldiers program will host a Halloween bash Oct. 31 from 5-9 p.m. at the Bad Nauheim Community Center. Everyone is invited to enjoy a spooky good time with games, pumpkin carving and face painting.

### Fine arts exhibition

The 284th Base Support Battalion will host an art exhibit Dec. 18. Young artists age 11-18 are encouraged to enter their artwork. Monochromatic and multicolored drawings, pastel, watercolor, oil or acrylic paintings, prints, mixed media, collage, sculpture and graphic arts are all welcome. Work must have been completed within the past year and be original creations — pieces from "follow-the-dots" kits are not eligible. Artists may enter in all categories, but will be limited to one piece per category. Submissions may not exceed 30 by 40 inches in size and artwork must



Photo by Staff Sgt. Steven Kuduk

### Heating up the ring

Dorall Porter of Friedberg (right) places Dylan Maycrink of Baumholder under attack in their bout during the Hispanic Heritage Month Boxing Invitational Oct. 2 at Miller Hall Fitness Center in Giessen. Maycrink withstood the barrage and recovered to stop Porter in the third round. More than 100 boxing fans came to Miller Hall to see the bouts featuring some 22 boxers, including two women boxers, from Giessen, Friedberg, Hanau, Baumholder, Heidelberg and Ramstein. The 284th Base Support Battalion's Team 1 (Giessen) claimed the first-place team trophy followed by 284th BSB Team 2 (Friedberg) in second place and Hanau third.

not be signed. Submit entries to Youth Services by Nov. 19. For details call Edgardo Rosales at civ (0641) 402-6129 or (06033) 73048.

### Homework tutoring

Youth Services, Building 1714 in Giessen's Dulles Housing, offers a homework tutoring program and computer lab for youths registered with YS. Van shuttle service is available for students from Giessen Elementary School at 2:25 p.m. and from Giessen Middle-High School at 2:40 p.m. Parents must sign a permission slip for children to ride the bus and pick up youths from the YS or give them permission to walk home. For details call mil 343-7028.

### DA photos in Giessen

Appointments for Department of the Army, passport and chain of command photos are available at the Giessen Training Support Center Visual Information Office, Building 12 on the Giessen Depot. Passport photos are provided for official passports only. Clients should first go to the Passport Office for the appropriate work order (3903). Then call mil 343-6122 to arrange an appointment. Official photos are taken free of charge and can be taken within a few minutes.

### Newborn care in Butzbach

A newborn care class will be held Oct. 23 from 10 a.m. to 3 p.m. at the Butzbach Outreach Center in Building 6543. The New Parent Education and Support Program staff helps new and expectant parents learn about caring for their baby. Registration is required. For information call Giessen Army Community Service at civ (0641) 402-8076.

### ACS classes in October

Army Community Service will lead a **historical city tour** in Butzbach Oct. 15 from 9 a.m. to 2 p.m. The next **Fun in the**

**Kitchen** social takes place Oct. 20 from 10 a.m. to noon in the Butzbach Outreach Center and at the Bad Nauheim Outreach Center. A **scrap booking social** will be held Oct. 25 from 9:30-11:30 a.m. at Friedberg ACS. A **Newcomers Orientation and Welcome** will be held Oct. 19-20 from 9 a.m. to 2:30 p.m. at Friedberg ACS. **Parent and Me playtime** takes place every Friday from 10 a.m. to noon at Friedberg ACS. For details call the Butzbach Outreach Center at civ (06033) 925 329, the Bad Nauheim Outreach Center at mil 324-3566, the Friedberg ACS at mil 324-3465 or Giessen ACS at mil 343-7618.

### English as a Second Language

The Education Center in Friedberg offers English as a Second Language classes Monday and Wednesday from 8:30-11:30 a.m. in Building 3611. Cost is \$50 including materials. For information call mil 324-3413.

### Hearts and Hands events

The Hearts and Hands community club hosts a **bingo night** every third Friday of the month from 7-8 p.m. A **wreath auction and wine tasting** for members plus one guest is scheduled for Nov. 6 starting at 6 p.m. The cost is \$5 in advance and \$7 at the door. Join Hearts and Hands at the event. Child care will be provided for CLEOS registered children if reservations are made in advance by calling mil 343-8216. The club also seeks volunteers. For details call Kathy Monge at mil 343-7618 or send email to [heartsandhandscc@yahoo.com](mailto:heartsandhandscc@yahoo.com).

### Bulk trash pickup

The next bulk trash pickup dates for all housing areas in the 284th Base Support Battalion are Oct. 25 and Nov. 12. Do not place bulk items outside until the evening before the pickup date. For information call Monica Nelson at mil 343-7161.



# 284th BSB – Friedberg, Giessen

## Community spotlight

### Youth Sports gets busy

Registration for youth basketball and cheerleading for children age 5-15 continues through Nov. 4. The season runs from Jan. 8 to Feb. 26. Practice takes place in Giessen at the Youth Services gym, Building 1714 in Dulles Housing, and Miller Hall field. In Butzbach and Bad Nauheim practice is held at the elementary schools. Children must register with CLEOS to participate. The YS office seeks volunteers for a mandatory coaches clinic to be held Dec. 1 and 3 at 5 p.m. at the YS gym. A mandatory parents meeting will be held Dec. 2 at 6 p.m. at the Alpine Club on the Giessen Depot. For details call mil 343-6969.

### Football tournament

The 284th Base Support Battalion Sports Office will host a unit level flag football championship Oct. 15-17 in Giessen and Friedberg. Participation is free of charge and all unit level teams are invited to play. For details call mil 343-6384.

### Plaque shop in Friedberg

A plaque shop has opened at Friedberg Arts and Crafts. Small, medium and large size plaques can be made to order. A range of

colors, decorations and unit emblems are available, and customers can bring their own on disc. Production time is roughly 10 working days. Prices vary. The shop is open Tuesday to Friday from 11 a.m. to 6 p.m. For details call the Arts and Crafts Shop at mil 324-3266.

### Outdoor Rec trips

Outdoor Recreation travels to **Poland** Oct. 23. Cost is \$59. A Halloween trip to **Warner Brother** will hit the road Oct. 30. Cost is \$49 for adults, \$29 for children. For information call mil 343-8207.

### Video store open

Contrary to rumors the video store on Ray Barracks in Friedberg is not off limits. It is open daily from 4-7 p.m. and has more than 1,800 American DVDs and videos to choose from. New releases come out Friday. For details call civ (06031) 687 624.

### Boy Scout fundraiser

Boy Scout Troop No. 37 will host a Haunted House fundraiser Oct. 27-31 from 6:30-9 p.m. in Building 54, across from the MWR recreation center. Proceeds will be used to purchase equipment and supplies for Troop 37.



Photo by Andrew Stamer

### Rebuilding the past

An excavator makes way for the stream that runs behind Building 32 and through Whiddon Park on the Giessen Depot. Initiated by the 284th Base Support Battalion Directorate of Public Works and supported by the Corps of Engineers the project is designed to rebuild the original flow of the creek which was changed over four decades ago.

# 414th BSB – Büdingen, Hanau

## Community notes . . . Community notes

### Büdingen Hispanic Heritage Month

Flamenco and Panamanian dancers, salsa music, Hispanic dishes, door prizes, folk dances and displays are all part of Büdingen's Hispanic Heritage Month celebration Oct. 16 starting at 6 p.m. The event will be featured in Building 2214 on Armstrong Barracks. Bring your favorite Spanish dish to share. Call Mr. Torres at civ (0174) 6068 442 or email [edwin.torres@104asg.army.mil](mailto:edwin.torres@104asg.army.mil) for more information.

### IACS in effect on many 414th BSB gates

The automated Installation Access Control System is in use on many gates in Hanau. Adjusting to the new system may result in delays. People who have not registered should expect considerable delays as they must be signed into the IACS computer manually. If you have not yet registered, visit the IACS office in Building 21 on Pioneer Kaserne.

### Exceptional Family Member Program

A support network meeting is held the fourth Monday of the month at Hanau Army Community Service. The next meeting will be held Oct. 25 from 4-5 p.m. followed by a class on "Managing Your Child's Asthma" from 5-5:30 p.m. The Exceptional Family Member Program and Early Detection and Intervention Services will also have a booth at the "What's Out There Fair" on Oct. 23 at the Pioneer Fitness Center. Free hearing screenings, as well as giveaways and activities will be featured. Call Jane Montanaro, EFMP specialist, at mil 322-9275 or civ (06181) 88-9275.

### Red Ribbon Week

Hanau American Middle School holds Red Ribbon Week Oct. 23-29 on New Argonner and Pioneer Kasernes to encourage drug-free lifestyles featuring the following events: **Oct. 23** Family five-kilometer walk at 10 a.m. on Pioneer Kaserne; **Oct. 25** Hanau American Middle School opening ceremony featuring a military K-9 dog demonstration from 11:15 a.m. to 1:15 p.m. in the cafeteria; **Oct. 26** Wear Red Day and creative costume contest, game show quiz; **Oct. 27** Health Day in the cafeteria featuring a lungs display and goggles with remote control cars, game show quiz and Yu-Gi-Oh card games at the middle school; **Oct. 28** essay, poem, song contests and, weather permitting, jump rope contests at the middle school; **Oct. 29** surprise guest and performance

from 11:10 a.m. to 1:15 p.m.; awards, prizes and a special surprise from the Adolescent Substance Abuse Counseling Services. Call Bonnie Derby at civ (06181) 9069710 for details.

### Trick-or-Treat times and tips

The 414th Base Support Battalion's official trick-or-treat hours this year will run from 5:30-7:30 p.m. Oct. 31. The Military Police will pass out chemlites and Halloween bags at 5:30 p.m. in the following housing areas: **Cardwell** — school bus stop, Building 1263; **Pioneer** — pavilion adjacent to Building 308; **Sportfield** — T-intersection at main gate; **New Argonner** — pavilion adjacent to Building 201; **Old Argonner** — pavilion adjacent to Building 404; **Fliegerhorst** — pavilion adjacent to Building 1381; **Gelnhausen** — pavilion adjacent to Building 1809; **Büdingen** — in the clinic parking lot.

Children under age 12 must be accompanied by an adult. Adults may not wear masks. Escorts should conduct themselves in a safe and orderly fashion. Residents in leased or private rental housing are encouraged to escort their children to the nearest military housing area to participate. Trick-or-treaters are required to use flashlights or battery-operated lanterns. Carrying burning candles is prohibited. Escorts should wear light-colored or reflective clothing. Motorists are reminded to drive with extreme care. Trick-or-treaters are encouraged to go to residences and stairwells that are well-lit. They should be reminded to never enter a stranger's house. Residents should ensure their porches or stairwell entrances are well-lit and free of obstacles. They should present candy only at the stairwell entrances. Children should be instructed not to eat treats until they return home and their parents have had a chance to inspect those treats.

### Family Fun Festival

Awana and Hanau Protestant Women of the Chapel cosponsor the third annual Family Fun Festival on Halloween Night, Oct. 31, from 6-8 p.m. at Argonner Elementary School on Old Argonner Kaserne. Enjoy games, candy, prizes, costumes and fun for the entire family. This year's theme is "Knights of the Round Table." Come dressed in your best medieval costume. Candy donations are appreciated. They can be dropped off at Argonner Elementary.

Volunteers are also needed. Call Isabel Allen at civ (06181) 9065921.

### Claims payment delayed

The Hanau Claims Office's 2003-04 fiscal year ended Sept. 15, 2004. Until the budget for the 2004-05 fiscal year is finalized the Claims Office cannot pay any claims filed by Soldiers for damage to or loss of their household goods or Privately Owned Vehicles. While the Claims Office cannot provide a specific date on which the 2004-05 budget will be finalized, that date could be as early as the first week of October or as late as the middle of November. Soldiers should continue to file their claims with the understanding that payment will be delayed until the new budget is finalized. Call Maj. David E. Mendelson at mil 322-8429/9406.

### Gelnhausen Elementary School events

Gelnhausen Elementary School's **character education theme is citizenship** through October, emphasizing the positive values of pride, bravery, loyalty and duty. The school invites parents to **eat lunch at the school** through Oct. 15 with school nurse Megan Costanza in conjunction with National School Lunch Week. The school will **honor Red Ribbon Week** Oct. 25-29 with a variety of activities including visits by DARE officer, Sgt. Kimberly A. Cardona, and McGruff the crime dog and much more. Call the school at civ (06051) 13011 for information.

### Family readiness training

Army Community Service offers Family Readiness Group training Oct. 26-27, Nov. 23-24, Jan. 11-12, Feb. 22-23, March 29-30, April 26-27, May 24-25 and June 28-29. Learn about everything from FRG misunderstandings to the role of the FRG support network. Training is held from 9 a.m. to 2 p.m. at ACS in Pioneer Kaserne's Building 9. Sign up at ACS or email [amy.cuebas@104asg.mwr.army.mil](mailto:amy.cuebas@104asg.mwr.army.mil) for more information. Units may arrange for rear detachment and family readiness liaison training at their own convenience. The training is available in one-day and two-day training menus. All training must be requested two weeks in advance for staffing and scheduling. Participants must register two days in advance by email. Call Amy Cuebas at mil 322-8766.

**See Community notes on next page**

## National Disability Awareness Month aimed at improving life for everyone

Commentary by  
**Jane Montanaro**

Exceptional Family Member Program  
specialist

We've come a long way to say the least.

When Public Law 176 was enacted by Congress in 1945, President Harry S. Truman dedicated the first week in October as "National Employ the Physically Handicapped Week." In 1962 the word "physically" was removed from the week's name to recognize the employment needs of all Americans with disabilities.

Now October kicks off an entire year of months dedicated to education and awareness for conditions ranging from learning disabilities to cancer. The conditions that can affect a person are as numerous as the ways in which people must learn to live with a disability.

Talk to your children about people with disabilities. Encourage them to share their concerns and questions with you so that you can help strengthen their character to include toler-

ance for all people. Remind them that many famous people struggle with disabilities. Actor Tom Cruise has struggled with dyslexia, a learning disability that affects the way our brain processes information. President Franklin D. Roosevelt had limited physical capabilities as a result of polio, used a wheelchair and stood with the aid of steel leg braces.

Disability shouldn't be a scary word. We all struggle in life, but it's what's in our hearts that matters, not what we look like, how fast we read or how strong we are.

This last decade has seen tremendous change and improvement in the lives of people with disabilities. Laws have helped children and families break through many of the barriers which have held them back in the past, but we cannot legislate against people's attitudes. We can only educate and appeal to their human decency. We must all work to remove the negative and stereotypical attitudes from our minds and actions. Learn to recognize resistance to change and make a difference.



Photo by Midori VanBrunt

### Re-enlisting together in Büdingen

Seven Soldiers march offstage after a ceremony at Büdingen's Armstrong Barracks Sept. 21. Spc. Tory Daniels, Spc. Matthew Smallwood, Spc. Joseph Schinke, Spc. Lenzy Schiender, Spc. Robert Caivano, Sgt. Bryant Woodberry and Sgt. Muhammad Shahid were honored by their fellow Soldiers and with goodie bags. "This is a great thing that they are doing today," said Lt. Col. John Peeler, 1-1st Cavalry commander. "They decided to continue to serve the country and to keep themselves in the fight in the Global War on Terrorism."

# 414th BSB – Büdingen, Hanau

## Community notes . . . Community notes

### **Continued from page 20** **Musicians sought**

An experienced trumpet player and trombonist are wanted to play in a German-American Basie-style big band. Must be able to read music. Retired military musicians preferred. Rehearsals are held every Wednesday from 7:45-11 p.m. in Nidderau (near Hanau). Call civ (01511) 1645 970 for details.

### **Deployment University**

A Deployment University will be held Nov. 19 from 8 a.m. to 2 p.m. at the International Club on Fliegerhorst Kaserne. Participants must register by Oct. 29 by sending an email to [amy.cuebas@104asg.mwr.army.mil](mailto:amy.cuebas@104asg.mwr.army.mil). Class topics include maintaining strong marriages during a deployment; how to be a single parent when you're not; understanding the mail system during deployment; how to keep morale high; helping families cope with depression, anxiety and other strong emotions; rumor control; financial management pitfalls; casu-

alty operations; abuse prevention; rear detachment stigmas and more.

### **Flea market Oct. 16**

An indoor flea market will be held Oct. 16 from 10 a.m. to 3 p.m. at the International Club on Fliegerhorst Kaserne. Rent a space for €10. Registration deadline is Oct. 12 by 4 p.m. Call the Community Activity Center at mil 322-7509 or (06183) 51-7509.

### **ACAP counselor sought**

The Hanau Army Career and Alumni Program office seeks a full-time counselor. Requirements include an MA/MS in counseling, human resource management, training and development or a related field; two years experience in job assistance, career counseling, education or a related field; computer literacy; ID card eligibility and willingness to travel occasionally. The position is not a civil service position. Submit a chronological resume to Hanau ACAP, Pioneer Kaserne, Building 11, Room 325; email [hanauacap.resourceconsultants.com](mailto:hanauacap.resourceconsultants.com)

or fax to civ (06181) 88-8304. Call mil 322-8356 or civ (06181) 88-8356.

### **What's Out There Fair**

Whether you are new to the area or trying to find out what's happening in the community, the What's Out There Fair will have something for you. The 2004 What's Out There Fair will be held Oct. 23 from 11 a.m. to 3 p.m. at the Pioneer Fitness Center on Pioneer Kaserne. Learn more about on and off post services and organizations available in the 414th Base Support Battalion. Take part in hands on demonstrations, static displays and fun activities. Children's games, food, beverages and wine and cheese vendors will also be available. For more information call Army Community Service at mil 322-8963 or civ (06181) 88-8963.

### **Phone booths to go**

Deutsche Telekom will remove the public telephone booths at the main gates of Pioneer and Fliegerhorst Kasernes by the end of October.



Photo by Midori VanBrunt

### **Helping community at Fall Bazaar**

Sgt. Charles Wyant of the 5th Battalion, 7th Air Defense Artillery, examines offerings at the Hanau Community Spouses Club Fall Bazaar Sept. 25. The event featured a wide range of items offered by vendors from throughout Europe. Around \$28,000 raised during the bazaar will be returned to the community in the form of scholarships and grants.



## Panthers drop homecoming to Bitburg

**Story and photos  
by David Ruderman**  
*104th Area Support Group Public  
Affairs Office*

The Hanau High School Panthers lost to the Bitburg Baron's 27-22 in non-conference play during the highlight event of homecoming activities at the school Oct. 2. But like the shifting autumn skies that brought by turns shadow and sunshine, there were plenty of silver linings in the gray for both students and fans.

Events started with a Friday night bonfire and "powder puff" game of football. Saturday's matchups included girls' volleyball against Vilseck and Heidelberg. Hanau's squads weren't up to the task, playing unfocused ball and losing both varsity and junior varsity matches by wide margins.

### Try the best

"We tried really hard here; it was back and forth, a lot of good hits," said Terry Claus, a team mother.

"The score was not indicative of how they can play, the talent on the team," said coach Susan Lloyd.

Panther tennis players had a better time of it in matches against Vilseck at the high school. "It's a mixed bag — we won some and we lost some," said coach Mark Gillett.

The Hanau boys won three out of four singles matches and two doubles sets while the girls won four out of nine matches, he said. Gillett said prospects looked bright for his top players, including local rising star Devin Hayes, when championship play begins Oct. 28 in Wiesbaden.

Meanwhile the Hanau Middle School Band warmed up spectators for the day's main event — a gridiron duel between the undefeated Hanau Panthers and the Bitburg Barons. Several hundred supporters turned out to cheer them on.

"This is double the size we saw last year," said principal Terri Marshall. "The stands are almost full. There's more spirit throughout the school this year."

Students seemed to have re-

bounded from the strain of last year's Iraq deployment, she said.

"I think it makes a difference. It makes it easier to get people involved," said junior Rachel Gordon.

"There's a great spirit that we haven't seen for a while," said Leslie Atkins, cheerleading team coach and homecoming coordinator. "Everyone is here mentally."

The Panthers had high hopes for winning their first homecoming game in recent memory, but were dogged by turnovers and fumbles, stumbling early on to trail 14-7 at the half. Their one touchdown came on a 90-yard kickoff return by powerhouse junior Malcolm Lane.

Still the crowd had reasonable hopes for a turnaround, and the mood remained buoyant, with the crowd socializing and enjoying grilled treats prepared by the Hanau Boosters Club.

Halftime activities saw the crowning of the homecoming court. Seniors Nailil Ivaldi and Marcus Fontanez were selected queen and king, juniors Brittany Fryson and Stephen Oen were named princess and prince, sophomores Jessica Gregory and Giovanni Vidal took honors as duchess and duke, and freshmen Lauren Johnson and Zach Riggins were lady and lord of the day.

Play resumed, and it seemed the sun might break through the clouds for Hanau. But it started looking dicey for the home team following a number of possessions and somewhat erratic play, when the Barons scored their third touchdown with 5:36 to go in the third quarter.

The setback must have sparked something in the Panthers' inner reserves. Less than three minutes later Lane scored on a nine-yard run around and through the Bitburg backfield. The Panthers made a two-point conversion, giving themselves a potentially decisive one-point advantage should they score again.

It looked like that one point might pay off when Bitburg fumbled and Hanau took possession on their opponents' 20-yard line. The home team crowd cheered with aban-

don, but hopes faded when Lane fumbled on the Bitburg 12-yard line.

It might have seemed like the end of the line, but the Panthers kept trying. With 5:16 to go on the clock, Lane carried the ball to the Bitburg 11-yard line, only to be shaken up in yet another turnover.

The Barons put victory out of reach, scoring again with less than three minutes to play. They blew a two-point conversion attempt and kicked off leading 27-15.

The Panthers rose to the occasion, though a little late in the day. Lane, in the outstanding play of the game, made a one-handed touchdown catch on a 25-yard pass from quarterback Ivan James. With the extra point supplied by kicker Marcus Fontanez, Hanau trailed 27-22 with 20 seconds left to play. The Panthers tried for a last minute upset with an offside kick, but it was too late. They had run out of time.

Despite the non-conference loss the Panthers' prospects for championship laurels remained strong. They were to play Naples and Vilseck Oct. 9 and 16. Champion-

ship play follows for the next two weekends, and the European finals are scheduled for Nov. 6.

"When you get knocked down, you get right back up," said coach Sam Cassou, huddling with the Panthers after the game. "It's up to you boys whether you're going to get up Monday morning and work to win against Naples. It hurts to lose. I can see some tears out there now. Don't hang your heads; I'm proud of you."

"We had too many fumbles, too many mistakes," said Lane, after the loss. "We couldn't get our offense ticking, even though our defense held. We've got to get down and beat Naples next week."

"I think we've got the best team, if they'd stop turning the ball over, in Division II," said Cassou.

"We're going to be in the playoffs," said Marshall.

A junior varsity game followed the main event with Hanau putting down Bitburg 6-0 in a 20-minute face-off, said coach Mike Fleming.

Homecoming ended with a dance that evening at the school.



Junior Malcolm Lane heads to the sidelines after his second of three touchdowns against Bitburg.



Homecoming royalty receive flowers during halftime ceremonies.

# 414th BSB – Büdingen, Hanau

## Engineers add realism to convoy training

By Dennis Johnson

130th Engineer Brigade Public Affairs Office

Soldiers of the 94th Engineer Battalion were attacked by guerrilla fighters while on a convoy at Grafenwöhr Training Area. The attacking guerillas were actually Soldiers of the 130th Engineer Brigade and 565th Engineer Battalion who have been helping the 94th Engineer Brigade, based in Vilseck, prepare for their upcoming deployment to Iraq. A 94th Engineer convoy had to react to a sudden and unexpected attack by “opposition forces.”

On this day five Soldiers of the 320th Engineer Company (Topographic) and Headquarters and Headquarters Company of the 130th attacked their comrades in arms. Wearing black T-shirts, camouflage pants and head scarves, and shooting from the cover of thick forest, the opposition force gave all the appearance of real guerrilla fighters.

Throughout the noise and smoke of the attack the 94th Engineers had to set up a defensive position, return fire, recover disabled vehicles and get the convoy moving.

1st Lt. Matthew Bartholomaeus of Headquarters Support Company, 94th Engineer Battalion, was running the scenario this day and discussed why so much of the training at Grafenwöhr has a convoy element. “Convoying is probably the most common thing we do down there [in Iraq] and the most dangerous,” said Bartholomaeus.

“Once we’re in Iraq again the engineers will provide support and stability operations. We’ll improve the infrastructure of the area we’re assigned to and support the combat troops by improving defensive positions. We’ll install water and electricity and build quality of life facilities,” he said.



Photo by Dennis Johnson

**Soldiers care for their “wounded” after an attack by 130th Engineer Brigade “opposition forces” in Grafenwöhr.**

Bartholomaeus shadowed the convoy in his car as the first task of the convoy was a map-reading exercise. Soldiers had to navigate to their assigned training area across the wide expanse and countless roads of Graf.

“This is real good driver training. We have a lot of new drivers, and this convoy route has a lot of ups and downs,” said Bartholomaeus. Little known to the Soldiers, while they were driving, Bartholomaeus was communicating with the enemy. “Where’s the IED?” he asked the guerillas on his handy. An improvised explosive device — in this case, a box with wires running from it into the trees — had been placed

by the road. Members of the convoy had to spot it before they got dangerously close, stop, set up a defensive perimeter, cordon off the area and call in the explosive ordnance disposal team. After this was done and the IED was no longer a threat they mounted up and moved on.

Pfc. Clarissa Griffin of 130th’s HHC, and a part-time insurgent during the training, described the scenario. “When the convoy comes through, we’ll pop off shots at them and then move to the top of the hill. Then we’ll gradually move down from the hill firing from each position. We’re supposed to make it chaotic and crazy because you never know, anything could happen.

“We’ll seriously injure a Soldier to provide a Combat Life Saver a chance to do an ‘IV stick.’ In this field environment they’ll be under pressure, the Soldier will act like he’s dying and the NCOs will be telling them to ‘hurry up and get it done.’ That’s how it’ll be in real life. That’s what we’re trying to provide, as real world a scenario as possible,” Bartholomaeus said.

While some Soldiers fought the insurgents, others tended to wounded comrades and recovered the dead while a disabled vehicle was hooked up. After a few minutes of confusion, the call to mount up came and the convoy moved out of danger. As if a cease-fire had been declared, the guerrilla fighters emerged from the woods to discuss the attack with Bartholomaeus while the dead were miraculously brought back to life and the wounded instantly cured.

Standing in a circle Bartholomaeus and the convoy Soldiers reviewed the good and bad points of the scenario before everyone sat down to lunch. Then it was back to being attacked once again in the afternoon.